

# A Major Prize Every Day,---Don't Miss A Single Day!

## NEW METHOD IDS IN BAKING OF ANGEL FOOD

Tested Recipe Takes Away  
Cook's Fear of  
Disaster

The housewife who can make them takes the cake. But so many homemakers believe there is something mysteriously difficult about making cakes; they're afraid before they start. Really, it's not at all difficult.

Let's examine this new deal in the cake situation.

First, there's the Angel Food cake, the one that used to cause earaches. Here's a new and surprisingly simple method developed and tested at the Safeway Stores and Piggly Wiggly Homemakers' Bureau. The formula:

### ANGEL FOOD CAKE

1 cup sifted flour  
1 cup egg whites (8-10)  
1/2 tsp. salt  
1 tsp. cream of tartar  
1 1/2 cups sifted granulated sugar  
1/2 tsp. vanilla  
1/2 tsp. almond extract

Have all ingredients at same temperature and measured carefully before you start mixing.

### MIXING METHOD

Place unbeaten egg whites in a large bowl, add three-fourths of the entire amount of sugar which is 5/8 of a cup. Beat this mixture until it will stand in points, but is NOT dry.

Next add, all at once, the flour, cream of tartar, salt and remainder of the sugar, but do not BEAT this into the first mixture—old gently. Add flavoring last. Instead of an extract, grated orange or lemon peel gives a delicious flavor.

THE RESULTS of these different methods of mixing are:

Electric or rotary beater makes a very fine grained cake that comes within 1/2-inch of the top of an 8-inch angel food cake pan.

The wire whisk or whip makes a cake fully 1 1/2 inches above the pan, but this cake does not have as fine a texture as the other two.

THE BAKING PROCESS requires a moderate oven (325 degrees F.) for one hour.

Simple, isn't it?

### SPONGE CAKE, TOO

Now let's examine sponge cakes, made by the more generally accepted method.

THE INGREDIENTS should be chosen with great care. Pastry flour and sugar of fine texture and only the best grade of eggs should be used.

THE MIXING is important since true sponge cake is made without shortening or baking powder—the only leavening agent being the air which is put into the cake by means of beaten eggs—the most important ingredient. The egg yolks and whites must be beaten separately since more air is enclosed in the egg whites when beaten alone.

Egg whites, when underbeaten, will result in a coarse grained, heavy, under-sized cake, while overbeaten whites will make a dry cake.

Egg yolks should be beaten until thick and lemon colored as underbeaten yolks cause a tough yellow streak at the bottom of the cake.

### HANDLE IT CAREFULLY

The flour may be folded into the beaten yolks and sugar alternately with the egg whites, or the egg whites may be added first and the flour folded in last. Sponge cake batter in this stage should be handled carefully as undermixing makes cakes of coarse texture, while overmixing will make a heavy, tough-textured cake of low volume.

BAKING is another important factor. A hot oven causes a hard crust which will burst open, to form on top of the cake, while an oven that is too cool produces a cake which is shrunken in appearance and of coarse, porous texture.

### RECIPES

#### TRUE SPONGE CAKE

1 cup flour  
1/2 tsp. salt  
4 eggs  
1 cup sugar  
1 tsp. lemon juice  
Sift flour, measure, add salt and sift again. Separate whites and yolks of eggs and beat yolks until thick and lemon colored. Add sugar gradually and beat again. Add lemon juice and mix thoroughly. Fold in flour alternately with stiffly beaten egg whites (be careful not to beat the cake at this time). Bake in a floured sheet or a loaf tin in a slow oven. (Sheet, 225 degrees F., 30 minutes; loaf, 200 to 225 degrees F., 40 to 60 minutes.)

#### MOCK SPONGE CAKE

4 eggs  
4 tbsp. cold water  
1 cup sugar  
1 tsp. vanilla  
2 tps. baking powder  
1/2 tsp. salt  
1 1/2 cups flour  
Beat eggs with salt until thick and add water and flavoring. Beat in sugar gradually. Sift baking powder and flour together and beat well until mixture thickens. Heat oven to 350 degrees F.; bake in thin sheet at 350 degrees F., 20 to 30 minutes.

## Wholesome Food Must Be Kept That Way

Wholesome food must be kept that way until used. That is one of the basic reasons Mrs. Edith Jeffers Freeman of the Safeway Stores and Piggly Wiggly Homemakers' Bureau, economist and lecturer, selected Frigidaire electric refrigeration for her series of cooking schools in Southern California.

"Our stores, naturally, handle only the best in foods," she said. "Once they are taken to homes they can be kept that way only through effective refrigeration. In my opinion, Frigidaire solves that problem for the housewife."

Frigidaire, product of Frigidaire Division of General Motors Corporation, is used extensively by Mrs. Freeman in her schools for Safeway and Piggly Wiggly stores. Mrs. Freeman has found that through using Frigidaire she is best able to protect the foods she uses and to prepare the daintiest and most tasty frozen desserts and salads.

"When I need a vegetable such as carrots," she said, "I turn to my Frigidaire. The hydrator has kept these carrots in perfect condition, just the way they were brought to me from one of our neighborhood Safeway or Piggly Wiggly Stores."

Mrs. Freeman pointed out, also, that Frigidaire has many exclusive features, many conveniences for housewives found on no other make of refrigerator. These include automatic tray releasing, automatic defrosting, a center freezer, stainless trays, and stainless porcelain food compartment, which cannot be marred by the juices of fruits and vegetables.

Mrs. Freeman stated that a Frigidaire valued at \$124.50 would be given away at the cooking school this week by the Star Furniture Co., 1273 Sartori avenue, who will also give away an electric clock, valued at \$10.00.

## Fate Depends Upon Dressing

Even the best of salads may be spoiled by use of the wrong dressing. Here is a guide for using the more common dressings:

1—Plain French dressing is used with fresh salad greens.  
2—French dressing with condiments is used with fresh salad greens, cold fish or shellfish.  
3—Plain mayonnaise is used with fish, shellfish, vegetable and meat salads.

4—Whipped cream mayonnaise is used with fruit salads.

5—Mayonnaise with condiments is used with fish and shellfish dishes, succulent vegetables, such as cucumbers, tomatoes and celery, cream cheese and nut salads.

6—Bolted dressing is used with fish, shellfish, vegetable and meat salads.

7—The mode now is toward French dressing, though mayonnaise still holds its place. True French dressing is just oil and vinegar, but the Americanized French dressing is quite thick.

8—French dressing lends itself to many variations. A delicious flavor may be attained by using the highly seasoned vinegar drained from canned or bottled pickles in combination with the usual elder or distilled vinegar. The combination of tarragon and distilled vinegar is also flavorful.

9—Roquefort cheese creamed first in oil may be added to French dressing and is delicious with a plain salad of greens.

10—Gourmets like the flavor of garlic in salad dressing. This may be attained by rubbing the salad bowl with a crushed garlic clove. A stronger flavor may be obtained by allowing the garlic to stand for an hour in the dressing before it is ready to serve.

### STAINED TABLECLOTH

To remove jam or fruit stains from tablecloth, apply powdered starch while fresh, leave for one hour, then wash in cold water; repeat if necessary.

## Cake Baked Beautifully — What Then? Icing, of Course, to Give Masterpiece Final Touch

Assuming the cake has been beautifully baked. What then? Why icing, of course, to give the final touch to your masterpiece. There are many varieties, of course, and among them the Safeway Stores and Piggly Wiggly Homemakers' Bureau recommends these as simple, attractive and delicious:



### CREAMY BUTTER ICING

1/2 cup butter  
2 cups powdered sugar  
Top milk or cream  
1/2 teaspoon vanilla  
Cream butter until soft, add sugar and blend thoroughly. Add vanilla and sufficient cream to make a spreading consistency. Add cream gradually. It will require from 1/4 to 1/2 cup.

VARIATIONS—CREAMY BUTTER ICING, ORANGE OR LEMON: Use juice of orange or lemon in place of the cream, and add a few gratings of the rind.

MOCHA: Use coffee instead of cream.

MAPLE: Moisten with Maple flavoring syrup.

CHOCOLATE: Add 2 tablespoons ground chocolate or cocoa to sugar before adding cream or coffee.

FRUIT: Add chopped raisins, dates, figs or cherries.

NUT OR COCOANUT: Add to icing or scatter over the top.

SPICE: Add a few grains of nutmeg or cinnamon.

### CHOCOLATE SEVEN-MINUTE ICING

1 cup sugar  
1/2 teaspoon cream of tartar  
1/2 cup cold water  
1/2 teaspoon salt  
1 egg white  
1/2 teaspoon vanilla  
2 sq. chocolate  
Put sugar, cream of tartar, cold

occasionally until cool, or nearly cold. Add chocolate which has been melted over hot water, or low heat. THIS IS IMPORTANT. Do not stir too much after adding chocolate—just enough to mix it through the frosting. DO NOT add the chocolate until the frosting is nearly cold, otherwise the fat of the chocolate will "break



water and salt in top part of double boiler; add unbeaten egg white. Have water in bottom of double boiler gently boiling; place sugar mixture over water on stove and begin beating immediately with a rotary beater. Beat constantly until the mixture looks fluffy and will stand in peaks when beater is pulled out quickly. When done, remove from water instantly. Add vanilla and stir

down; the frosting and it will become thin.

If ground chocolate is used, blend 1/2 cup of chocolate with 3 tablespoons of hot water and add when the frosting is cool, stirring as for cake chocolate.

### CARAMEL FROSTING

Substitute brown sugar for all or half of the white sugar in the regular Chocolate Seven-Minute

## Two New Ways of Using Bread: Patties and Souffle

Two new ways of using bread are recommended by the Safeway Stores and Piggly Wiggly Homemakers' Bureau.

First, there is a foundation for creamed mixture for luncheons: Dressed patties—Cut an unsliced loaf of bread into 1 1/2-inch slices, and cut each slice across diagonally. Hollow out each triangle, so that a shell remains with half-inch walls. Toast in a moderate oven (350 degrees F.) until brown and then add hot creamed mixture.

Then there is a new souffle, which the bureau has named fool-proof cheese souffle:

3 slices bread, 1/2 inch thick  
1/2 pound strong cheese or 1 cup grated cheese  
3 eggs  
2 cups milk  
1/4 teaspoon dry mustard  
1/2 teaspoon salt

Butter bread on one side and cut into cubes. Lay one-half of them in the bottom of a casserole and sprinkle with one-half of the cheese. Add remaining bread and cover with cheese. Beat eggs slightly, add milk, mustard and pour over the bread and cheese. Sprinkle the top with paprika and

set in a shallow dish of water. Bake one hour in a moderate oven (350 degrees F.). A cup of vegetable may be added to the souffle. This is served as an entree or main dish, not as a side dish.

## Dried Fruit Better If Cooked In Oven

Dried fruit is far better if stewed in the oven and can be cooked while baking or roasting other food. Wash the fruit, pour boiling water on it and let it stand in a covered dish until the oven is ready; then add sugar, cover tightly and let the heat of the oven cook them. Prunes, especially, are delicious cooked this way. Prunes get a new flavor if a few whole cloves are put into the pan while cooking, or if a slice or two of lemon is added when they are almost done.

## TO REPLACE KNOBS ON LID OF KETTLE

If the knob comes off the lid of a pan or kettle, slip a screw through the hole with the head to the inside of the lid and screw a cork on the protruding end; this knob will not get hot and can be renewed when dirty.

Here's a  
marvelous  
new-type  
shortening

Julia Lee Wright is demonstrating  
it at the cooking school

I  
It's the fastest-creaming  
shortening! Gives you  
lighter, finer-grained  
cakes.

II  
Notice Formay's  
"springy" pastry  
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makes flakier pie  
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Formay stands higher  
deep-frying temperatures  
without smoke or  
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SHORTENING  
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And you'll make dozens of good things with these delicious Kraft Cheese-Spreads... appetizers, sandwiches, salads!

Get acquainted with all five of these creamy Kraft Spreads... right away. There's Pineapple Cream Spread—snowy-white "Philadelphia" Brand Cream Cheese flecked with bits of pineapple. Kraft Old English—a delightfully sharp Cheddar cheese. Kraft Roquefort Cream and Pimiento Cream Spreads made from the famous "Philadelphia"—the one zesty with fine Spanish pimientos and the other blended with perfectly-ripened

Roquefort. And there's Kraft Kay—cream cheese with the added dash of chopped pimientos, olives and tacy pickle relish!

At the Cooking School you'll get some clever ideas for serving Kraft Spreads. And at your nearest up-to-date food store you'll find all five of them featured. Today—start collecting your set of the useful and attractive Swankyswig glasses!

On lettuce, try Roquefort Spread blended with French dressing



The genuine sold only in the 3-oz. foil package

## A recipe to cherish

### "PHILADELPHIA" SALAD LOAF!

Here is a prize recipe using that snowy-white, fresh-tasting, old favorite—"Philadelphia" Brand Cream Cheese!

Cut four lengthwise slices from a loaf of day-old bread. Trim crusts. Spread the first slice with Kraft Mayonnaise; cover with tomato slices. Spread the second slice of bread with mayonnaise and place dressing-side down on tomatoes. Spread top with Kraft Kay and cover with third slice of bread. Spread this slice with mayonnaise; cover with shredded lettuce. Top with fourth slice of bread spread with mayonnaise. "Frost" entire loaf with 3 packages of "Philadelphia" that has been softened with a little milk. Chill an hour before serving.

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